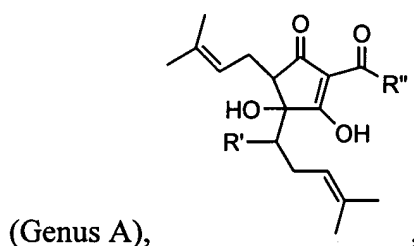


What is claimed is:

1. A composition comprising a reduced isoalpa acid (RIAA) and isoalpa acid (IAA) isolated from hops, wherein the RIAA and IAA are in a ratio of about 3:1 to about 1:10.
2. The compositon of claim 1, wherein said isoalpa acid is selected from isohumulone, isocohumulone, and isoadhumulone.
3. The compositionof claim 1, wherein said reduced isoalpa acid is selected from dihydro-isohumulone, dihydro-isocohumulone, and dihydro-adhumulone.
4. A method of reducing inflammation, comprising administering a composition comprising a reduced isoalpa acid (RIAA) and isoalpa acid (IAA) isolated from hops, wherein the RIAA and IAA are in a ratio of about 3:1 to about 1:10.
5. The method of claim 1, wherein said isoalpa acid is selected from isohumulone, isocohumulone, and isoadhumulone.
6. The method of claim 1, wherein said reduced isoalpa acid is selected from dihydro-isohumulone, dihydro-isocohumulone, and dihydro-adhumulone.
7. A method of reducing inflammation, comprising administering at least two compounds of Genus A having the formula:



wherein R' is selected from the group consisting of carbonyl, hydroxyl, OR, and OCOR,
wherein R is alkyl;

and wherein R'' is selected from the group consisting of CH(CH₃)₂, CH₂CH(CH₃)₂, and CH(CH₃)CH₂CH₃, wherein the two compounds are in a ratio of about 10:1 to about 1:10.